

Don't miss The Flyer's Scrabble Tournament!

Wednesday, Nov. 10
7:30 p.m. in the Henson Food Court



I Love Salisbury event engages volunteers off campus

NEWS, Page 3

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THE FLYER

Vol. 38, Issue 10

Salisbury University's Student Voice

November 9, 2010

Men's soccer wins CAC semifinal game



Dan Anderson photo

A member of the Salisbury University men's soccer team heads the ball towards his teammate, senior defender Justin Lambert, during the Capital Athletic Conference semifinal game on Nov. 3. Salisbury and Stevenson battled to a 1-1 tie until the game advanced to penalty kicks. The Sea Gulls won 5-3. In the CAC final game Nov. 6, Salisbury lost to York 4-3 on penalty kicks. See story about semifinal win, page 9.

SU professor earns Lifetime Service Award

Paula Morris has served others for more than 4,000 hours

By Mia Gilstrap
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Paula Morris

Paula Morris' passion for helping people extends not only in her career, but in her personal life as well—and everyone is taking notice.

On Oct. 26, the White House honored Morris with the Lifetime Service Award. Morris, a faculty member from the Management and Marketing Department at SU, was commended for dedicating more than 4,000 hours of volunteer service to community programs for youth. She is no stranger to awards, though.

"I have a few awards at the local, regional and national level," Morris said. "Please know that the awards feel nice. What really energizes me is making a difference for our community."

Ten years ago, her drive to make a difference led her to create the nonprofit organization Kids of Honor®.

"One out of every three youth in America's public schools drops out," Morris said. "We empower youth to graduate from high school and pursue their dreams. Each high school dropout costs communities over \$260,000 over their lifetime...we keep students engaged in school."

She said people can support what the organization does on its website, www.kidsofhonor.org.

Students to recognize, support veterans

Student Military and Veteran Association will promote awareness of Veterans Day and its meaning

By Amanda Biederman
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They have left their friends and families behind to fight overseas. They are risking their lives for the sake of liberty and patriotism. They are America's "guardian angels," always present to protect their nation but not often recognized.

But on Thursday, Nov. 11, Salisbury University's Student Military

and Veteran Association will honor these men and women on Veterans Day, a federal holiday that has been celebrated in the United States since 1919.

SMVA members will use the opportunity to promote both their club and the notion of patriotism as a whole.

"We are going to have tables set up in Red Square," said SMVA president Andrew Kirchner.

"We'll be handing out yellow ribbons to students and answering

any questions that they might have about our club or about what it means to serve the country. Our purpose is to help recognize Veterans Day and what it's all about."

The table will also include a donation box, as SMVA is collecting supplies to put together care packages for soldiers from the area. They will be holding a separate event in December to assemble and send off the care packages.

"As a club, our goal is to help

and support not only the student veterans on SU's campus but also those who are serving now, particularly those from the local community," Kirchner said. "We want to try and do everything we can to help them. After all, they are out there fighting for us. It's the least we can all do."

SMVA Vice President Robert Landolt said honoring veterans is a vital part of what it means to be

See VETERANS Pg. 2

See MORRIS Pg. 2

Organic garden to increase campus sustainability

By Andrew Bell
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Over the last several years, Salisbury University has incorporated several environmental initiatives into its operations. Geothermal heating systems are being added to residence buildings, efficient plumbing was integrated into the design of the TETC building and many tons of waste are recycled every year.

But there is one initiative SU hasn't yet adopted: an organic vegetable garden.

Students in Interdisciplinary Studies 300: Service Learning Seminar are attempting to do just that. The class has partnered with the Local Eastern Shore Sustainable Organic Network, a local nonprofit that promotes sustainable farming practices. Together, the two groups are examining the possibility of planting a garden on campus. The garden

would be maintained by students and would be grown organically.

Director of Campus Sustainability Wayne Shelton said the campus garden would fit perfectly into SU's larger effort to become more sustainable.

"Creating a garden that is maintained without pesticides, watered minimally and worked mostly by hand is a great example of a sustain-

See GARDEN Pg. 2



Pat Hackley photo

Natives of Suzhou, China work on a painting in Fulton Hall during their visit to Salisbury Nov. 4. The SU community was invited to see them produce the art.

Chinese artists share culture by creating pieces for SU

By Mary Capper
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There is two-dimensional art and there is interactive art, but it is a very rare and unique experience to see the two combined. Students, faculty, staff and other art aficionados experienced this on Nov. 4. Professional artists from

Suzhou, China, where faculty traveled last year and created a partnership with Anqing Teachers College of China, created artwork as a gift to the University.

The eight artists — Qi Chunlan, Xu Huiquan, Chen Jianjun, Sun Junliang, Shen Minyi, Zhang Xiaofei, Dai Yunliang and Chen Weibing — laid out two large pieces of

paper on tables in front of the gallery in Fulton Hall and began to create unique paintings. All were welcome to watch as the artists painted nonstop for about three hours, switching off artists after parts of the artwork was completed.

After the paintings were finished

See ARTISTS Pg. 2

Students cover burning issues at fireside chat with Dr. Janet

By Kayla Smith
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With questions ranging from available scholarships for out-of-state students to possibilities of a career after college, President Janet Dudley-Eshbach sat down at Gull's Nest to cover campus issues Nov. 2. Dudley-Eshbach answered

each individual's questions with precision and compassion in a discussion-based forum.

One of the first questions raised was one asked by many college seniors pertaining to what SU could do to increase networking opportunities for students about to graduate. Many said they feel that when applying for a job

outside of the immediate area, few potential employers know SU by its name. Faculty and students piped in with thoughts encouraging the use of Career Services and its mentoring program, while others suggested marketing SU to the potential client.

Sophomore John Tully

See FIRESIDE Pg. 2

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Briefly Stated

Tuesday, Nov. 9
"Telling an African-American Saga on Maryland's Eastern Shore"
 When Oxford, Md., native Waters Edward Turpin penned his first novel, "These Low Grounds," in 1937, he had little idea it would be the start of a career that earned him a reputation as the "Father of the African-American Family Saga." Dr. Burney J. Hollis, dean of the College of Liberal Arts at Morgan State University, where Turpin earned his B.A. and later taught, discusses the popular writer 7 p.m. in the Wicomico Room.

Wednesday-Sunday, Nov. 10-14
Tibetan monks visit SU
 For the third time this decade, the monks of Tibet's famed Drepung Loseling Monastery visit SU to spread their message of peace and understanding. The monks will be in residence constructing an elaborate sand mandala which they believe brings purification and healing. Following a five-day series of lectures and demonstrations, they conclude their stay with the famed "Sacred Music, Sacred Dance" concert. For schedule of events, see <http://www.salisbury.edu/culturalaffairs/monks/>.

Throughout November
Blackwell Library offers additional services

During the month of November, Blackwell Library will host 10 and 2 Research Clinics. These will be workshops on variety of subjects (APA and MLA citation styles, Citation Management software like EndNote Web and Zotero, Advanced Internet searching and subject specific resources). These will be offered Monday through Thursday at 10 a.m. and 2 p.m. Students can sign up at http://www.salisbury.edu/library/signup/show_courses.asp.

Blackwell Librarians will also offer emergency research help by stationing themselves across campus in high traffic areas: the Henson Food Court, The Guernsey Center main hallway, and the TETC Food Court from 2-4 p.m. each day. They will have laptops and will be available to answer research questions. Students should look for the red cross Emergency Research signs in those three locations.

Friday, Nov. 19
3rd Friday

3rd Friday is an arts and entertainment event held on the third Friday of every month on Main Street in Downtown Salisbury from 6-9 p.m. There will be live music and local artists set up along Main Street from Jimmy's Grille to Chesapeake East. The shops and restaurants are open and many of them have special deals. Volunteers are needed. For more information e-mail 3rdFridaySb@gmail.com or join the Facebook group "3rd Friday! Downtown Salisbury!"

—Submitted by Melissa Holt

Fireside

Continued from Pg. 1

brought forth the issue pressing many student smokers and asked if there will be a revision to the smoking ban.

"I spent nights and days contemplating the consequences of the smoking ban," Dudley-Eshbach said, adding she still stands behind her decision to ban smoking on campus. There may be amendments to the ban in the future but for now it will stay the same as when it was first enacted, she said.

Tully presented facts he researched about the effects of secondhand smoke, and later said he still felt like Dudley-Eshbach respected his thoughts despite her lack of interest in amending the ban quickly.

"She handled herself well," he said.

Another student asked how the University could help out-of-state students with scholarships, as the cost is much greater.

"With this tough economic time, it's really difficult," Dudley-Eshbach said.

According to several faculty and staff, because of SU's low tuition rate the government supplies much less money per student for financial aid. Frostburg State University students, for example, receive approximately \$7,300, whereas SU

Artists

Continued from Pg. 1

ished and signed, there was a short presentation of the final product.

"The paintings enhance understanding by witnessing its creation," said Provost and Senior Vice President for Academic Affairs Dr. Diane Allen. "In the future, students and faculty will be able to reflect while seeing the art hanging."

Although the location of where the paintings will be hung is yet to be determined, Allen said she thinks three possible places they could be hung up are the galleries in Fulton Hall, the Guernsey University Center and Holloway Hall.

Allen said she understands the importance of the partnership SU has

Veterans

Continued from Pg. 1

an American.

"It's important to always remember and appreciate those who serve us every day and the sacrifices that they have made for us," Landolt said. "We have to always respect military tradition

Morris

Continued from Pg. 1

Morris' other volunteer activities included mentoring a student at Bennett Middle School with the Wicomico Mentoring Project, coordinating the Youth Leadership Academy through Salisbury's Promise and keeping up with The Chamber of Commerce. Morris' volunteering has gained attention, not only nationally, but locally.

"It has been very rewarding to meet a person like Professor Morris and it has been a pleasure getting to know her in and out of the classroom," said Jim Stracke, a senior who



Leslie Davis photo

SU President Janet Dudley-Eshbach responds to student comments and concerns at a discussion in Gull's Nest on Nov. 2.

students only receive \$5,000 on average. This drastic difference between schools allows other Maryland institutions to offer more financial aid than SU has available, outside of donations made by individuals.

"We have made changes, though," Dudley-Eshbach said. Scholarships, which were formerly 95 percent merit based, are now based more on need to allow students who do not have the financial capabilities of others.

The chat covered several more pressing issues, including bringing a

formed with China.

"We look forward to many more opportunities for sharing our cultures," she said.

A translator assisted the artists as they explained their pieces and their significance.

One piece, titled "Springtime in Salisbury University," was painted just hours before it was presented. It had a natural theme that included trees and flowers. The translator said it was named as such because "all the artists feel overwhelmed by all the hospitality and the beautiful campus at Salisbury University."

Another piece that was also painted that day was of Suzhou. Its purpose is to make a "lasting (testament) of the relationship between Salisbury University and Suzhou,"

and do things for those who are serving. (Veterans Day) is a great opportunity to do that."

Kirchner served in the Marine Corps and Landolt was in the Coast Guard. Both served for eight years.

For freshman Taylah Hawks, Veterans Day takes on an important personal significance.

has Morris as a professor. "Her examples in class always have to deal with marketing and advertising for a non-profit and I'm glad to see she is being recognized for her hard work in the community. I have volunteered in the past, but hearing her talk about (it) all the time, (makes me) want to be able to give back in the future."

Morris' colleagues have also taken notice of her initiative and dedication. "I was delighted to learn that Ms. Morris won the award," said fellow marketing professor Robert Settle. "Her dedication to the charitable work she has undertaken is an inspiration and a shining example to her

the translator said.

A third work was done by an SU master's degree candidate and experienced calligraphist Henghai "Karl" Zhou. The message was translated as, "When we have friends afar, distance means nothing."

After all three were presented a surprise piece was jokingly revealed. It was a sign written by all the artists that said "Salisbury University." The sign, they said, was made to attract more students from China.

"It was exciting to see a big group of artists who have spent their whole lives learning the craft," said Brooke Rogers, chair of the Art Department. "They were a real powerhouse of talent and experience."

Hawks' brother is currently serving in the army.

"(Our soldiers) represent America's patriotism that most citizens can't give themselves," she said. "Most of us aren't out fighting right now for the country and these people are out there risking their lives for us. And to me, that is very honorable."

professional colleagues and to all those with whom she associates within and outside the University. Not only has she worked diligently and persistently to benefit others, but she has done so calmly and quietly, without seeking recognition or praise for her efforts and accomplishments."

Morris remains humble in regards to her accomplishments.

"I am very blessed to have a supportive family and work environment," Morris said. "The best reward, however, is seeing others move toward achieving their dreams."

Crime Beat

10/22/10-10/23/10

7 p.m. - 6 a.m.

Sexual Assault (Off-Campus)
 Complainant reported she was sexually assaulted by an acquaintance at an off-campus location. The complainant has filed a report with the appropriate agency and the case is currently under investigation.

10/28/10-10/29/10

6:45 p.m. - 5:55 a.m.

Theft
 Complainant reported theft of equipment from the Wicomico construction site. The case is under investigation.

10/29/10 - 10/30/10

7:30 p.m. - 1:30 a.m.

Theft
 Complainant reported the theft of her secured/unattended bicycle from Dogwood Village.

10/30/10

11:34 p.m.

Alcohol Violation
 Complainant reported an alcohol violation in a residence hall. The subjects were identified and issued citations. The case will be forwarded to Student Affairs.

11/02/10 - 11/03/10

6:30 p.m. - 10:00 a.m.

Theft
 Complainant reported the theft of her bicycle from the Nanticoke bike rack.

Garden

Continued from Pg. 1

able process," Shelton said. "Organic gardening is natural and healthy and has a net positive impact on the environment."

According to Professor Shawn McEntee, the class is researching gardening practices and acquiring supplies and equipment. They intend to start planning in the spring and will spend the semester seedling, cultivating, watering and harvesting the plants.

The students plan to incorporate organic practices into these processes. They are examining the possibilities of adding composted leaves to the soil, growing without harmful chemicals and raising plants native to Delmarva.

The class hasn't yet determined what to do with the harvested food. It could be sold at a local farmers' market, be given or sold to Dining Services or even eaten by the laborers themselves.

McEntee added that in addition to furthering sustainable efforts, the garden would provide students with academic knowledge and the satisfaction derived from working as a team.

"(Students would learn) the biology of companion planting, growing seasons, open pollination and maintaining heritage plants and the social value of working in rhythm with nature, working cooperatively as a community and sharing in the experience of planting, cultivation and harvest," McEntee said.

Shelton added that the garden will be a way for students and the Salisbury community to interact. "The campus and surrounding community are encouraged to visit the gardens to enjoy the flowering plants and see the fruit, herbs and vegetables in their natural environment," he said.

Freshman Amanda Stone, a student in the class this semester, said that she expects maintaining the garden to be intriguing and fulfilling.

"Watching the garden grow will be very interesting to me," Stone said. "I hope to learn about gardening techniques while impacting the environment. Growing organic food on campus will help reduce the amount of energy we use."

McEntee said that if students wish to contribute to the garden, they can add IDIS 300 to their Spring 2011 schedules through GullNet. Questions can be directed to her at sxmcentee@salisbury.edu.

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I Love Salisbury event engages volunteers off campus

By William Merlo
 Staff Writer
 Wm99277@gulls.salisbury.edu

Over 250 students gathered in Red Square on Oct. 6 to sign in as volunteers for the Student Government Association's third annual I Love Salisbury event. Organized by SGA's Vice President of External Affairs Kate Sisti, the event placed student volunteers around the community to lend a hand and help local organizations and hot spots.

"This year we tried to be more personal (and) really get people to appreciate the I Love Salisbury campaign and the community we live in," Sisti said. "We're going to be helping out at soup kitchens, food banks, parks and Downtown — just to name a few — and giving back in a more personal way than we've done in the past. We're also going to more job sites, and really expanding this campaign."

I Love Salisbury was inaugurated three years ago by Pat Gotham, who was SGA vice president of external affairs at that time, after a group of disorderly drunken

lacrosse players caused damage to a few homes in the city.

"We hadn't really done much for the community until then," Sisti said. "It's really important that we do so that we have a good relationship with everyone around here and they realize that we're here to help."

Although students completed work for the community, there was a fun, social aspect to the event as well.

"We really had a lot of fun," said freshman SGA Senator Cassie Raley, who helped supervise the Hope Church job site. "So many student organizations came out and it gave everyone a chance to bond and meet new people."

Among the volunteers, Bryan Crider, senior and pledge for Alpha Sigma Phi, helped out by washing windows at the Ward Museum and cleaning Pemberton Park.

"I Love Salisbury was the starting point for me in getting more involved in the community," Crider said.

Mayor Jim Ireton played a very active role, helping to clean up

Pemberton Park and stringing up lights on Main Street. Ireton simultaneously met students and added to the occasion by getting everyone involved and keeping people around him laughing.

"I think that the more that we can get students off campus and into the community and the community onto the campus, the more of a seamless unity that we can create," Ireton said.

Tim Spies, President of the Camden Neighborhood Association, said he has a fond respect for the mayor.

"(Ireton) is an amazing guy who has done incredible things for the city," Spies said. "The problem is the community feels like it's a town with a college, not a college town."

The relationship the University has with the community has improved over the past two years with volunteer campaigns like I Love Salisbury and The Big Event.

If SU keeps extending a helping hand to Salisbury as a city, Ireton said, "no longer will the college and community end on opposite sides of West College Avenue."



Kathy Pusey photo

Students string Christmas lights as part of a project for I Love Salisbury Nov. 6. More than 250 participants helped the community as part of the service event.

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EDITORIAL

Volume 38 Issue 10

November 9, 2010

Overheard: How do you feel about LimeWire no longer being available for music sharing?

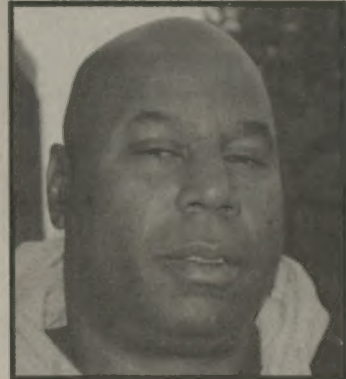
Photos and article by Adrienne Price



"They shouldn't (shut down) because it's an easy way for us to get music rather than pay for it, like on iTunes where they are putting up prices."
-Amber Agone, sophomore



"I don't even have LimeWire, my computer is too slow. I think a lot of people download music so it's going to affect everybody."
-Jacqueline Snover, grad student



"I don't use it, I just use YouTube."
-Duane Hayes, senior



"I don't use LimeWire, I use bee MP3, which is high quality music like iTunes but free."
-Justin Aurora, sophomore



"I don't like it at all. I feel like it's not right for iTunes to charge \$1 for each song."
-Leslie Phelps, freshman

NEW THIS YEAR! How would you answer this question? Text your answer, along with your full name and year, to 646-535-NEWS (6397) for the chance to be featured on our blog!

The Flyer

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After dealing with economic problems, will Obama bring changes?



By William Merlo
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The midterm elections marked two years since President Barack Obama's was elected to office. Some of you might have heard, "This guy is a promise breaker... he's not creating jobs!"

Republicans are frustrated with the president, making him out to be the person responsible for our country's problems. But let's not forget that Obama inherited a cancerous economy to begin with.

Since President George W. Bush's last two years in office (2006-2008), our economy has been in a recession and almost fell into a depression. Credit card companies scammed our citizens. Banks foreclosed properties, and we were losing our jobs considerably fast.

Obama's actions in office are highly associated with our current problems. Obama has done things that Democrats normally don't approve of—like cutting taxes for 3.5 million small business and giving tax credits to over 29 million people. Obama has even created more jobs in two years than Bush did in his eight-year term.

Although President Obama said his first priority would be to "change

the way Washington does politics," he hasn't had the time. If he had waited to help fix the economy until Democrats and Republicans started getting along and working together, our country would be in ruins.

Obama was forced to follow politics as usual to avoid sending us into extremely high taxes, extreme unemployment, education cuts, health care cuts and everything else cuts. The truth is that most presidents who've had their party control Congress encountered an economic crisis with a low approval rating in their first two years. Afterward, they bounced back and had great approval ratings, fixed the economy, actually did what they had promised in their campaigns and were re-

lected for a second term. Now those two years have passed. Our economy is out of the Intensive Care Unit, and the wheels are slowly turning. Unemployment has stabilized more, as people have started to gain jobs back while credit card companies and banks providing loans have been regulated to avoid further scams.

This is a call out to Obama and Congress to work together in a non-partisan way and solve the rest of the issues. How do we achieve a drop in unemployment from 9 to 5 percent? How can we lower our foreign debt? How can we stabilize the budget? Hopefully such questions will be answered accordingly with action.

The insane ride to the Rally to Restore Sanity and/or Fear



By Jamyla Williams
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The much-hyped event put on by comedians Jon Stewart and Stephen Colbert was bigger than anyone had anticipated.

Thousands of people, inadequate bathroom accommodations, long lines, claustrophobia and pandemonium are only a few statements that can describe the Rally to Restore Sanity and/or Fear.

I had known for weeks that I was going, but I didn't prepare myself for the "insanity," to say the least.

When my companion and I pulled into the New Carrollton metro stop at 11:05 a.m. and saw the hordes, throngs and swarms of people, we thought something else had to be going on. Surely hundreds of people couldn't have descended on this one stop just to go to an event headlined by the man who coined the term, "Clusterf***." But that's what it was. The biggest failure of the rally was the transportation. Alternative methods were non-existent. Buses and MARC trains weren't running. Taxis were charging \$40 to \$60 to take a five mile ride into D.C., and at least two Metro lines were stopped mid-course because the cars needed "necessary repair."

Visibility of police and Metro officials was also another lacking aspect.

Perhaps they were at the rally listening to The Roots and eating all the street food that I couldn't enjoy because I got to the rally two hours late. We had left the New Carrollton station to take our chances at the other stop. At the Greenbelt Metro station, one police official was on site to direct traffic.

The wait for the Metro did move along somewhat swiftly, but many people waited in line unnecessarily because there were no personnel available to direct the crowds. Imagine the surprise that struck everyone when credit card users could have bypassed the hour-long line and went directly into the station. Also imagine the large amount of explicit

remarks that went along with the surprise.

After an hour-long Metro ride, we emerged from L'Enfant Plaza. The walk to the National Mall was a chaotic, confusing sight. Why were hundreds of people walking away from the rally before it was even over? Well, unless you were at the Mall by 10 a.m., you weren't going to be able to see anything among the estimated 215,000 people.

The lack of jumbo screens and extensive sound setup meant that all of us helpless, exhausted, bladder-heavy souls along the perimeter were going to have to be satisfied with looking at some cool signs and being able to say, "We were there."

Ms. Advice

Forgiveness doesn't always mean reconciliation

Reconciliation is a beautiful part of the human experience. It has the power to strengthen and to heal. But when do we decide that reconciliation is the right path?

About a week ago, one of my best friends called me and asked if it would be okay to allow someone back into her life that was a backstabber in the past. The girl had reached out to her and said kind things. So, what should she do?

Sometimes friendships end, and we're left feeling betrayed while the other person moves on and forgets we exist. Bitterness can creep in... we play the victim for too long. Then we have to decide whether to forgive him or her and try to restore the friendship.

However, before reconciliation can occur between two people, forgiveness must take place. Sometimes we don't have the ability to forget, but we can move on.

Revengeful thinking, or wishing something worse upon the other person than what was done to you, only keeps you in an unforgiving mindset. You must also be careful not to project what happened in one relationship onto other relationships.

Considering these risks, forgiveness is

necessary because it's the only way to move forward without any regrets. A mutual move towards restoration is essential for reconciliation, though. If it's all one-sided on your part, you will feel drained, and the responsibility to uphold the friendship will fall on your shoulders. When repairing a broken friendship, keep that in mind. In my friend's situation, I suggested that she allow the friend back into her life on a more surfaced level. I agreed with her that they could see movies together, but divulging intimate details of her life to this girl would not be a good idea. Her friend had already proved she was not trustworthy. Until my friend decides to confront her about their relationship, reconciliation is far away.

If my friend eventually confronts this person, she needs to ask forgiveness to regain her trust somehow.

Like relationships, friendships can be unhealthy. We have to decide who we allow into our inner and outer circles. Some shouldn't be in the circle at all. Overall, forgiveness is necessary. Reconciliation is not.

-The Girl Next Door

~SUDOKU~

THIS WEEK'S PUZZLE:

8						3
7				3	2	5
		4				9
1			6	5		8
			9			
2	8	7				6
4				1		
2		3	5			1
7						5

LAST WEEK'S ANSWER:

6	4	9	2	1	5	8	7	3
7	8	2	6	4	3	9	5	1
5	3	1	7	9	8	6	2	4
2	1	7	5	3	9	4	8	6
8	5	4	1	7	6	2	3	9
9	6	3	8	2	4	7	1	5
4	2	5	9	8	1	3	6	7
1	9	8	3	6	7	5	4	2
3	7	6	4	5	2	1	9	8

Have a question for Ms. Advice? E-mail your anonymous questions to gullgirlnextdoor@gmail.com or put your questions in the large envelope tacked to The Flyer bulletin board outside of The Flyer office, GUC 215.

NOVEMBER 9, 2010 THE FLYER

5

Palestinian Intifada: Unprovoked terror or reactionary insurrection? Part 1: The First Intifada



By Mike Gibb
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In English context, the Arabic word "intifada" roughly translates to "uprising," or resistance. The 1987 and 2000 Palestinian uprisings bring this word into action, within a respective historical context.

While the Palestinians held the disposition that the intifadas were responses to injustices, many Israeli news sources and citizens believed these uprisings were completely unprovoked. They displayed Palestinian animosity towards peaceful coexistence. Since the law excluded middle states, both perspectives cannot be true.

So, let's revisit the circumstances surrounding both Intifadas in an attempt to determine which standpoint is more probable.

In the eyes of Palestinians, the First Intifada was a response to 20 years of brutal military occupation, which began with the war of 1967. Palestinians were restless due to the ineffective Palestinian Liberation Organization. This was intensified by Israeli settlement expansion, which began to equate to the de facto annexation of Palestinian Territory.

In the fourth quarter of 1987, an Israeli tank transporter killed four Palestinians and injured seven more. This incident occurred two days after the murder of an Israeli salesman in the area. The Palestinians attributed this to vehicle manslaughter in retaliation for this man's death. The Israelis considered the murder a traffic

accident and nothing more. While we may initially dismiss the Palestinian claim, it's necessary to note that previous instances of similar acts of retaliation were not an infrequent occurrence.

Even when such claims were factually argued, many of the perpetrators were either prosecuted or released early and promoted upon their release. Nonetheless, the incident served as the catalyst for unleashing the Palestinian discontentment.

According to statistics from the Israeli Ministry of Foreign Affairs, there were 200 Israeli casualties related to terrorism or insurrection. According to reports from B'Tselem – an Israeli non-governmental organization that collects statistics relevant to human rights – there were 1,141 Palestinian casualties related to terrorism or insurrection.

Using the Ministry of Foreign Affairs again for statistics, Israel's population consisted of approximately 5.3 million. To put this into perspective, your odds as a noncombatant are less than one in 25,600. We must consider that, in both death counts, the casualties are not restricted to noncombatants.

The Oslo Accord brought the First Intifada to a close, ending six years of strife in occupied Palestine. The birth of Hamas – the current democratically-elected party controlling the Gaza Strip – was also witnessed. An analysis of the Second Intifada and a supplemental speculation into the Third Intifada with concluding remarks will be presented in the upcoming weeks.

Manokin: a residence hall full of "assassins"



By Pete Hicks
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What would you do if, during every step you take, every meal you eat, and every event you attend you have to be on guard? You must constantly be on the lookout for any student who lives in your residence hall because everyone just became a "killer." Welcome to Manokin Hall's dorm-wide game of "Assassins."

In order to get the residents of Manokin to

interact with each other, the resident assistants of the building introduced the game to all 70-plus freshmen living in the dorm. The game, called "Manokin Assassins," is one of constant vigilance and fear that is set to last over the next several weeks.

Every resident receives a paint stirring stick as their "shield," and the idea is to personalize the stick and keep it with you at all times. If the resident assigned to target you saw that you didn't have your stick, they would be able to "assassinate" you by tagging you, taking you out of the game.

This also means you have to watch out for

the target that you were assigned to try and corner them without their stick. To make the game even more challenging, if you're caught outside your room or class between 2 and 4 p.m., it doesn't matter if you have your stick because it can no longer protect you.

The game seemed tedious at first, but the entire dorm has now become fully engaged, as most students have begun to strategically assassinate their targets. The fun of plotting to take out the kid down the hall was too much of a draw for stressed-out college students, and the prize of a \$50 gift card for the winner didn't exactly deter participation either.

The names of residents still alive are posted in the Manokin Hall lobby, and it's obvious that competition is becoming increasingly intense. Only those who are skilled at protecting themselves and hunting their targets remain alive while the "assassinated" bystanders can only watch in anticipation to see who will come out on top.

Such games that bring buildings together truly do help students become friends. They help instill a certain feeling of camaraderie that soon permeates daily life for on-campus students.

Letter to the Editor

Expressing thanks for help with Gimme 5 Day

On Saturday, Oct. 23, Shore Corps/PALS and Salisbury's Promise: The Alliance for Youth, two community outreach programs at SU, held their sixth annual Gimme 5 Day. This year the event was held at Prince Street Elementary School. This event provides opportunities for young people to learn about and experience the five America's Promise Alliance promises and have fun.

The five promises are: a caring adult, a healthy start, a safe place, effective education and opportunities to help others. Several SU student groups helped us again this year to make the event a

success. Specifically, I would like to thank the members of Beta Alpha Psi, Psi Chi, Psychology Club, and Service Honor Society for their help.

They helped with face painting, pumpkin painting, games, and various service projects. You can view this event on YouTube: <http://www.youtube.com/user/T33man8r>. For more information about Gimme 5, please contact me at gwhitehead@salisbury.edu.

George Whitehead, Ph. D.
Professor of Psychology and Project Director
Shore Corps/PALS

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Students explore history, culture in DC

By Amanda Biederman
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Freshmen Taylah Hawks, David Eberius and Grace Kneebone stood solemnly inside the enclosed yard, surrounded by pillars with a fountain in the center, the rushing water gleaming in the sun. The cool autumn air blew against their faces. The group's attention was focused on the wall towards the back of the area, which was covered with rows of small gold stars. After a quick mental calculation, Eberius determined that there were approximately 4,000 stars on the wall. Each star represented 100 American soldiers killed during World War II.

On Nov. 6, the History Honors Living Learning Community took a bus trip to Washington, D.C. with their honors professor, Dr. Charlotte England, and their history professor, Dr. Emily Story. They visited the National Mall, viewed the World War II, Korean, and Vietnam memorials and visited the Newseum, a museum that exhibits media and its relation to history and culture.

"The purpose of this trip is to take the abstract themes we've



Submitted photo
David Eberius, Grace Kneebone, Amanda Biederman and Taylah Hawks stand with a veteran during a trip to Washington, D.C.

discussed this semester, such as nationalism, war and identity, and put them in a concrete perspective," Story said.

Story instructed the students to bring a notebook as they wandered the Mall and to take notes on their reactions to what they saw. Each student was responsible for writing a short reflection on his or her experience.

"When you're looking at the monuments, ask yourselves questions," Story said. "Why do we commemorate wars? What does a monument really mean?"

Kneebone said it was a great experience to learn about the nation and enjoy a day with friends.

"I've been to all the memorials before... (so) at first I thought it might be boring," Kneebone said. "But I really enjoyed it. I didn't really understand what the monuments meant when I was younger, but

now that I'm older I was able to better appreciate (them)."

England said this trip was an important part of what the LLC program is all about.

"We hope to develop community bonding through experience and to open (students) up to cultural experiences that they might not otherwise be exposed to and to see things from a different perspective," England said.

On the LLC itself, Kneebone stated the D.C. trip was just one of many opportunities that the students have had to become closer as a group.

"I've really liked being part of the LLC," Kneebone said. "It's helpful, being able to live near everybody, and I think it's really helped us to become close friends. I also like that we do activities like this together, we have gotten to know each other well and are comfortable with one another."

Psychology professor takes a bite out of "Twilight" research

By Brittany Cooper
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For college students, "Twilight" may be about picking between Team Edward and Team Jacob, but for Dr. Lance Garmon of Salisbury University's Psychology Department, it's what's behind the relationships that matter.

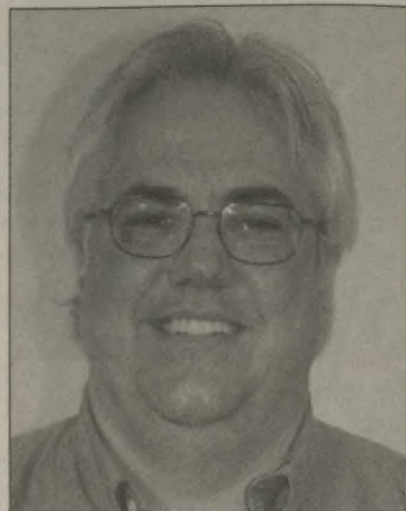
Garmon, a professor who specializes in moral development, has had a chance to look deeply into the series that so many students have swooned over. "Reader, She Married Him: Young Adults' Moral Perspectives of the Twilight Saga" was written by Garmon, Rebecca Glover from the University of North Texas and Elizabeth Vozzola from Saint Joseph College.

From Nov. 4-6, Garmon attended the Association for Moral Education conference in St. Louis to discuss his findings and attend others' presentations. He said the main focus of his "Twilight" research is on the types of relationships between the characters and how students felt about them.

"We were surprised to find that four out of five students we surveyed have either seen the movies or read the books," Garmon said. "Twenty five percent of these students said the relationship between Bella and Edward is representative of a relationship that they'd like to have, and 50 percent said that they would be interested in having a personal relationship with one character."

Junior Rachel Holtzman is on Team Jacob.

"I like Bella's relationship with Jacob better because he is more interesting," she said. "Edward treats her like a little doll and can be obsessive. I feel like Jacob is like the sun to Bella, while Ed-



Dr. Lance Garmon

ward is like a drug."

In his research on the quality of relationships, Garmon said that he was very engaged in the classroom and used non-traditional methods to help the class relate to the material.

"Of all the professors I've had, he used the most extra material to teach like video clips, sound clips, clicker questions," Spinner said. "It really helped when he used that stuff because it made people pay more attention and wasn't just the same boring stuff."

A website has recently been developed that aims to bring the music industry closer together and make it easier for people to find bands and add members.

Bamefi.com is available as a "band member finder." Its founders, Dave and Hote Cox, are musicians and college students from Virginia Commonwealth University in Richmond, Va.

They hired their cousin Zack Kline, a Salisbury University senior, to oversee their marketing and advertisement department.

"I asked to help them," Kline said. "I love helping out family... before we never really talked much, and now we talk all the time."

But it's not just the three family members working with the website. Kline said he has cousins at colleges around the nation working together to spread the word.

"For right now it's all about getting the word out... it's a new site, but Bamefi.com really is the best band member finder website design that allows band-related organizations and individuals to connect with

someone from the Baltimore Ravens has contacted me through it, and without my account I probably would have never heard from them."

Students can search for Samuel Seagull on LinkedIn and can find a full list of everything Career Services offers, including help with LinkedIn.

"It's a tough economy and if you're just starting out, it is daunting to find a career or job," Horner said. "LinkedIn can help you improve and narrow down your search."

Horner discusses LinkedIn's significance in business world

By Amanda Kimmish
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The Internet is no longer just for posting on a friend's Facebook wall or video chatting with someone far away. During a workshop put on by the Public Relations Student Society of America Nov. 4, Career Services Counselor and Consultant Gloria Horner explained how LinkedIn can be used to make business connections online.

The business-oriented social networking site has over 80 million

members in over 200 hundred countries, including executives and Fortune 500 companies. Horner referred to the site as a "professional Facebook."

Through LinkedIn, she said, students can maintain a list of contacts of people they know and trust in business.

"LinkedIn provides a way to find professionals, network and research, and you can never research too much," Horner said. "Who you know will not get you a job; who you know will help you get information on how to get a job."

Students who attended the workshop learned how to set up a free account and find out about companies, jobs and internships. Additionally, they learned how to link blogs, resumes and portfolios to their page. With a LinkedIn account, students can build a professional online presence, connect with alumni, research companies and career paths, find opportunities with organizations that don't recruit on campus and learn lifelong networking skills.

"It is effective and allows me to connect with professionals I already

know, as well as professionals others I don't know," said senior Amanda Joy Lozano. "LinkedIn creates a place for me to come in contact with other professionals that I might not come in contact with otherwise."

Horner stressed the importance for students to keep their pages professional in the way they would keep their resumes.

"I recently just created a LinkedIn account for a class I was taking, and I now realize how important it is for me to have one," said PRSSA Treasurer Katie Benney. "Recently

The Scarab, SU's literary magazine, becomes more active on campus

By Janyla Williams
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Students who are used to writing only for the purpose of a grade may be surprised to know that an on-campus medium exists for them to write for enjoyment.

The Scarab, Salisbury University's student literary magazine, features fiction, non-fiction, artwork and photographs. While in its 40th year of publication, the magazine is still trying to increase its visibility as an outlet for student creativity.

Three faculty advisors, professors Ivan Young, Nancy Mitchell and Dr. John Wenke, oversee the publication.

"I've always advised the students to have a sense of artistic validity," said Wenke, who has advised The Scarab since 1965.

Wenke said he does not want The Scarab to be treated just as a student club, but also as a respectable publication.

"A campus literary magazine should have the same stature as a yearbook," he said.

Sophomore Noelle Ford is The Scarab's public relations officer. She said most students don't know about the magazine, but the staff is trying to change that through events and media.

"My committee and I plan to let everyone know," she said.

The Scarab held an open mic night on Nov. 2 in the Fireside Lounge.

"It was great. A lot of people showed up," Ford said.

Open mic nights are scheduled at least once a month. The magazine also hosted a party and public reading in The Commons recently. The Scarab also holds meetings every Thursday in room 116 of Holloway Hall from 3:30 to 4:30 p.m.

Senior Alix Surber, editor of The Scarab, said the organization is open to all students.

"It's a lot of fun but also a lot of work," she said. "If you like writing, reading, editing or anything at all, join us."

This year's edition of The Scarab will be released at the end of April. The new magazine will be bound, a departure from the previous edition's stapled spines. Every year, close to 500 copies are sold on and off-campus.

Surber's "Letters of Love" was published in the 2010 edition of The Scarab.

"When my work was accepted for publication, I was really excited about it," Surber said.

She encourages students to submit their work, too.

"Having your work published in a literary magazine through a nationally distinguished university like SU can do wonders for your resume," Surber said.

The deadline for submissions to The Scarab is Wednesday, Nov. 24.

To submit, e-mail suitmag@yahoo.com or visit Scarab Literary Magazine on Facebook.

The literary magazine will also be having a revival night on Tuesday, Nov. 9 from 7-9 p.m. in the Worcester Room of The Commons.

New website opens doors for musicians

Bamefi.com is new resource for music world

By William Merlo
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A website has recently been developed that aims to bring the music industry closer together and make it easier for people to find bands and add members.

Bamefi.com is available as a "band member finder." Its founders, Dave and Hote Cox, are musicians and college students from Virginia Commonwealth University in Richmond, Va.

They hired their cousin Zack Kline, a Salisbury University senior, to oversee their marketing and advertisement department.

"I asked to help them," Kline said. "I love helping out family... before we never really talked much, and now we talk all the time."

But it's not just the three family members working with the website. Kline said he has cousins at colleges around the nation working together to spread the word.

"For right now it's all about getting the word out... it's a new site, but Bamefi.com really is the best band member finder website design that allows band-related organizations and individuals to connect with

other band-related organizations and individuals anytime, anywhere and anytime," Kline said.

Hote Cox said they started the site because they had grown tired of hearing complaints "about (bands) losing members and having difficulty finding replacements and new members."

Kimberly Barnhill, a voice major and member of local band Black Light Love, said Bamefi.com is unlike Facebook in that users are not "just sitting there saying 'I can sing, I can play guitar, but I'm 500 miles away.'"

She added that "it's really difficult to find people who are your style, who know what they're talking about. I think the site will help a lot... it's really difficult to find band members."

SU student Alessandro Ricchiari, a vocalist and performer, also checked out the site.

"I like the way it's organized, I really think it's clean and the environment that it sets up is perfect for the musician that wants to find a band," Ricchiari said.



By Eric Buratt
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There are no shortcuts in the fitness world, but there are useful dietary strategies for helping you reach your goals without exercise. The following tips may help boost your metabolism naturally, thereby increasing your body's ability to store nutrients from the foods you eat rather than fat.

Increase amino acid intake

We all should know by now that amino acids are the building blocks of protein. What may not be so obvious is the fact that amino acids themselves are not calorie dense. In fact, there is absolutely no calorie value attached to amino acids. So, what's the point in consuming them for energy?

Amino acids indirectly supply energy once they enter the bloodstream by increasing the functions of the various systems in your body. For example, the skeletal system supports the muscles in your body while the cardiovascular system promotes blood flow needed during your daily activities.

Since amino acids play a key role in protein synthesis, the muscular skeletal system's functions are enhanced to increase lean tissue accrual, and in turn, burn more calories at rest. Likewise, increased blood flow and circulation in the cardiovascular system means a higher metabolic capacity and thus greater

calorie expenditure.

How to apply this tip: Mix branch chain amino acids (or just Hecuring) in water with crystal light on-the-go packets (optional for flavor). Drink prior to breakfast, or sip leisurely throughout the day. They also do a protein shake justice.

Drink lots of cold water

The recommended eight glasses of water a day is so 20th Century. When I say drink lots of water, think more like a gallon or two a day. It's especially important that you consume water upon waking in the morning, before and after meals or around times of increased physical activity. Thirst quenching is needed at these times. And since a large percentage of the human body is made up of water, why choose carbonated or caffeine-loaded beverages to quench your thirst? If this was common sense for you, consider the following: Water acts as an appetite suppressant because it boosts metabolism. Energy is necessary to heat any cold water you consume before excreting it in the form of urine. Your body burns calories in this warming process.

How to apply this tip: Be sure to add water into your diet — especially after waking up, around mealtimes and around times of increased physical activity.

Eat clean foods

Eating smaller meals more often is the optimal way to in-

crease your metabolism without exercise, especially if your nutrition isn't always the best. But you can also boost your metabolism by just eating when you're hungry—or basically by incorporating the old three meals a day approach. The only way the three meals a day strategy works is if you eat clean, though. This means that every one of your three meals must consist of real food. I'm talking about food that actually takes time to prepare and chew up rather than from a box on the shelf or freezer. Clean foods do the work for you and thus have healthier effects on digestion and metabolism.

How to apply this tip: Have a lunch or dinner consisting of lean meat, green veggies, and some healthy fat (such as olive oil or raw/unsalted nuts).

In sum, pretty much anyone can apply one or all of these simple tips and see noticeable effects within a week. And that's in the absence of exercise. So just imagine how you can amplify your metabolism when you throw consistent exercise into the equation!

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to email me at eb55419@gulls.salisbury.edu. For those who are more serious, specify that in your email, and I will be more than happy to consult with you. You may also visit www.unleashyourfitnesspotential.com if you missed a previous article in the paper.



Adrienne Price photo

Viva Espresso, located on E. College Avenue, is not too far from SU and offers a variety of coffee-based drinks for the SU community.

Students choose Salisbury's best cup of coffee

Students comment on local coffee shops

By Erin Traylor
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Et31140@gulls.salisbury.edu

If there are two things college students don't have enough of, they are money and energy. However, there are a few off-campus coffee shops less than two miles from Salisbury University.

Small businesses like Rise Up on Riverside Drive and Viva Espresso on College Avenue are popular spots for students, as well as chain coffee shops like Dunkin' Donuts on S. Salisbury Boulevard.

"Dunkin' Donuts I feel like has the best coffee," said sophomore Matthew Avery. "Their pumpkin coffee is bomb."

Sophomore Kelly Thurston agreed, saying that her favorite off-campus coffee spot is Dunkin' Donuts.

"But my favorite on-campus coffee is from Cool Beans," she said.

Viva is the favorite of senior Corey Moss, who said the atmosphere and affordability is what keeps him coming back.

A 16 oz. cup of coffee at Viva is \$1.50, compared to the \$1.90 students pay for the same sized cup at Cool Beans.

Rise Up charges customers \$1.84 for a 16 oz. cup.

This price cannot be argued against, be-

lieves junior, Laurel Heflin, adding that "Rise Up coffee is worth even more, because it's so good and totally organic."

According to Kyle Oxford, manager of Rise Up in Salisbury, the best cup of coffee has a bold flavor, lacks bitterness and is ground fresh.

Aside from these requirements, people have varying tastes. Some people, he said, ask for a double shot of espresso with nothing in it, while others ask for 20 packs of sugar in a single cup.

"We have extremely dark, rich tasting coffee, but there isn't that bitterness to it at all," Oxford said, adding that the high quality of the coffee is a result of pesticide-free beans.

"Most companies are just dumping all kinds of junk on it that is getting in the environment and affecting the soil," he said. "It's huge for our coffee to not have any of that stuff touching the plant, it's all naturally grown," he said.

In addition to being environmentally friendly, Rise Up coffee is certified organic fair trade, meaning those involved in harvesting the plants are paid a fair wage.

Another place to get fair trade coffee is Common Grounds: A Fair Trade Coffeehouse, located in North Salisbury.

The popular chain coffee shop Starbucks is also located up Route 13 to the north.

OCTOBER

SCHOLAR

HOLLER

WINNER

PATRICK REEVES

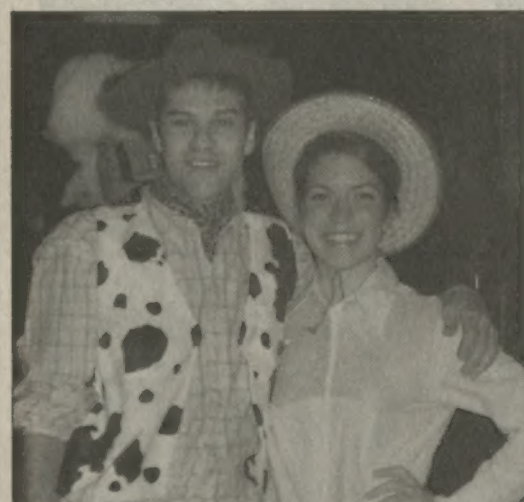
Hometown:
Urbana, MD

Major:
Exercise Science



Words of Wisdom: "Don't be afraid to ask people for help! Salisbury University has many resources (Center for Student Achievement/ Writing Center) and awesome professors that are willing to help you. Don't procrastinate! And most importantly GO TO CLASS! Try to sit in the front so you can engage with the professor!"

From the Photo Bank: What's Happening On Campus



Leslie Davis photo
James Distler and Brooke Johnson pose as "Toy Story" characters at Cru's Harvest Party Nov. 5.



Matt Goldman photo
Arvin Mitchell gets into telling one of his jokes to the audience Nov. 2, during the final comedy event SOAP is hosting this semester.



Adrienne Price photo
African Student Association members participate in the fashion portion of the ASA Ball on Oct. 6.



Erin Corcoran photo
Students learn the intricacies of salsa dancing and test out moves during the GUC Events workshop held Nov. 3 in the Wicomico Room



Jules Waxman photo
Amy Luppens, Erica Joseph, and Carolyn Stegman, who spoke at an American Marketing Association meeting, gather for a photo.

What's cooking in my kitchen?

Chicken Marsala

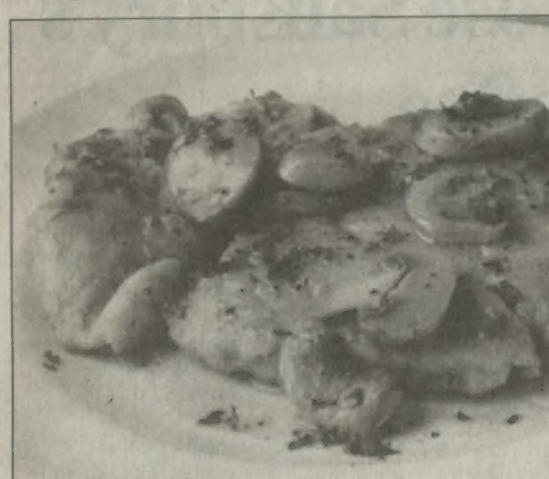
By Jeff Smith
Staff Writer
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My mom's favorite dish by far would be Chicken Marsala. So, I found a great recipe which I've added a few healthy twists, and I try to cook it for her when I can.

Chicken Marsala is quick, easy, tasty and elegant. It's also fairly cheap once you have invested in the wine. Not that the wine is expensive, but for a grocery item, it is certainly a luxury, not a necessity. Also, I usually wouldn't suggest cooking with a wine that you wouldn't drink, but Holland House makes a good variety of cooking wines that will save you from having to purchase an actual bottle.

So, if you're not cooking for your mom, cook this for your significant other and have a candlelit dinner instead of going out.

For those of you who have not tried Chicken Marsala, it consists of a wine reduction resulting in a dark, thick and slightly sweet sauce. The chicken is often cooked in the sauce, making it very juicy and tender. But for my recipe, I decided to very lightly bread the chicken with flour to give it a crispier outside and then pour the sauce over the finished product.



Chicken Marsala

Internet photo

Ingredients:
4 boneless, skinless chicken breasts, pounded to a uniform 1/4-inch thickness
1 cup flour
1 tablespoon olive oil
1-2 cloves of garlic, minced
1 scallion, diced
12 ounces prosciutto, sliced into thin strips
8 ounces cremini mushrooms (stems trimmed), sliced
1/4 cup Marsala wine
1/4 cup low-sodium chicken broth
1/4 cup chopped fresh parsley
Salt and pepper to taste

Directions:

Season each breast with a pinch of salt and pepper. Place the flour in a shallow bowl, add the chicken, and coat each piece evenly, shaking off any excess flour.

Heat the olive oil on medium in a large non-stick pan or cast-iron skillet. Add the chicken (don't overcrowd the pan, do two batches if necessary) and cook for three to four minutes a side until the breasts are golden brown on the outside and cooked all the way through. Transfer

them to a serving platter and keep them warm.

Add more oil to the pan if needed, then sauté the garlic and onion until the garlic becomes fragrant and the scallion begins to turn translucent. Next, add the prosciutto and sauté for one to two minutes until it starts to crisp up. Add the mushrooms and continue sautéing until they're well-browned.

Stir in the Marsala and broth, scraping up any browned bits stuck to the bottom of the pan. Cook until the liquid has reduced to about one-half cup. Season the sauce with salt and pepper, add the parsley and pour the sauce over the chicken.

Makes four servings. Per serving: 401 calories, 38g protein, 10g fat, and 510mg sodium.

Extra: Serve over whole wheat fettuccini with a light Alfredo sauce or sautéed mixed vegetables (i.e. diced red skin potatoes, butternut squash, zucchini and bell peppers).

The inspired mind

By Jonas M. Gottlieb
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In the game of life, we are thrown curveballs. These curveballs represent scenarios and issues that arise in our own unique lives on a daily basis and create discomfort.

We cannot physically change these things which have strayed from our expectations, for they've already transpired. However, what we as independent beings are capable of doing is dictating the degree to which these unforeseeable events affect us.

An old adage which has been in existence for countless years is: "Mind over matter." These three words represent the human truth.

We all have the power to choose how positive or negative each of our lives are, based simply on our mindset. Ultimately, we choose our own realities.

Personally, in times of doubt, struggle and discouragement I have been unable to see positive aspects of my life, tainted by delusions of negativity.

Most students are turbulently transitioning into the real world, with little money, minimal family contact and a great deal of stress.

With that said, this weekly piece is going to give you the enlightenment necessary to possess an inspired mind which will assist in reaching the endlessly desired potential within yourself. An encouraging quote a historical figure, and related in a fashion that has significance to your lives as college students.

This week's quotation is...

"Whether you think you can or think you can't, you're right." - Henry Ford

Negativity is lurking, waiting to be projected onto us by many perpetrators. It's mentally demanding, but to avoid being constrained by skeptics, we must put forth full optimism in everything we do.

If we are rewarded with our desires while possessing a mediocre mindset, like many people possess most of the time, we are subconsciously encouraging negativity.

Sadly, pessimism can only be restrained for so long. The human brain in each of us craves the answer to the question, "Who am I?"

Only when we start to discover answers to this question can we be comfortable with ourselves and build confidence.

The only way to find these answers is to acknowledge where we are, where we came from, and primarily, how we got there. If we reach a goal while thinking negatively, we haven't worked for it. Lack of effort and luck consequently do not build character.

In molding who we are, what we represent and what we want to accomplish, we must realize that both negative and positive thoughts are extremely infectious.

So, if you make the conscious effort to be positive, over time, even your effortless thoughts may become tenanted by confidence.

Integrate positivity into your mentality, so when you know you can, that's all the justification you need to know you will.

SPORTS

Volume 38 Issue 10

November 9, 2010

Volleyball beats Stevenson, falls to UMW

By Evan Clifton
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The Salisbury University volleyball team pulled out a thrilling five-set victory over Stevenson University Nov. 2, sending the team to the conference semifinal round for the ninth straight year.

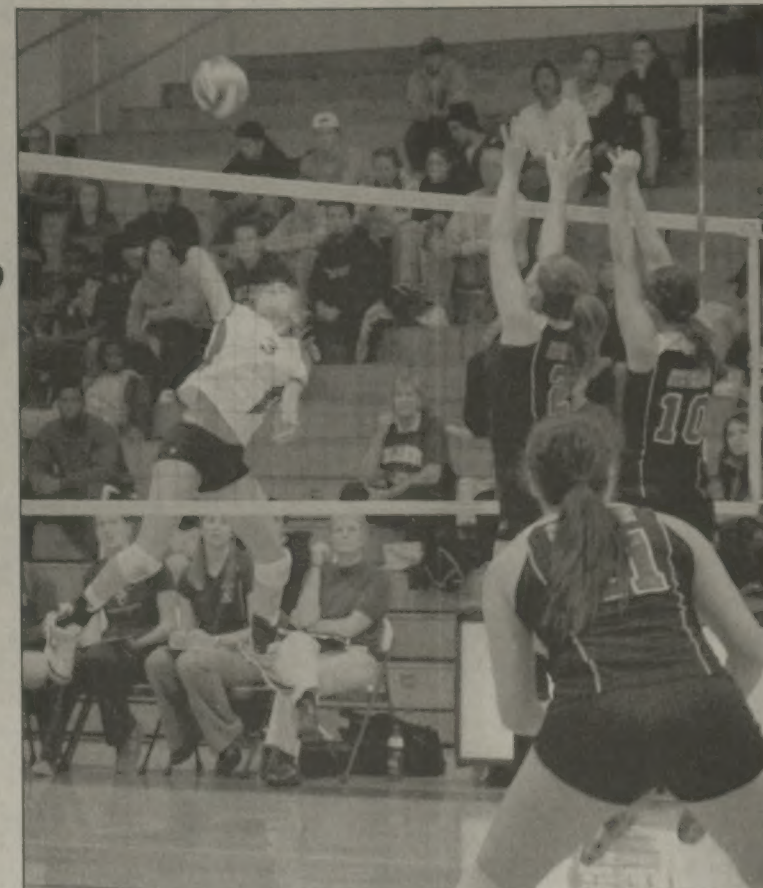
Stevenson gave the Sea Gulls all they could handle right from the start, as the Mustangs took the first set quickly with a score of 25-11. The sixth-seeded Mustangs seemed to catch the third-seeded Sea Gulls on their heels early.

"We had a game plan to go after two of their players but they weren't in... it caught us off guard. Their coach did a nice job," said Salisbury Head Coach Margie Knight.

The second and third sets, however, were dominated by the Sea Gulls as they took both sets convincingly with a score of 25-17 for each.

"It took us a little while, but our players figured out what they had to do," Knight said. "They had a great game plan but our team came out and responded."

The Gulls came out more aggressive in the second set. Sophomore Carley Todd led the charge with six kills as the Gulls took the second set 25-17. The Sea Gulls continued their



Dan Anderson photo

Sophomore outside hitter Kristin Jehle hits the ball over the net against her Stevenson University opponents.

hard hitting as four different players recorded multiple kills in the third set. One particularly vicious kill by sophomore Kristin Jehle gave the Gulls a commanding 21-14 lead as the Mustangs used their final time out. Yet, the Mustangs were still unable to retrieve the hard hits from the Sea Gulls who took the third set 25-17.

Much like the first set, the Mustangs were the ones hitting well and forcing the Sea Gulls into committing errors in the fourth. Sophomore Chelsea Glowacki contributed six of her team-high 13 kills in the set but was unable to keep the Mustangs from taking the set 25-19.

The Sea Gulls regrouped and showed they were the better team in the fifth, taking an early 7-4 lead

behind a hard kill and block by Todd. Sophomore Kelly Vieira iced the victory with a touch kill on match point giving the Gulls the fifth set 15-9.

"We were all just thinking that it was our game, and that we needed to play every point together," Vieira said.

Glowacki said the first game was a rough start to the match.

"I didn't once think that we weren't going to win in the end," she added.

The Gulls went into their conference semifinal match at Mary Washington with confidence, but were unable to stop UMW from winning 3-0. Salisbury now awaits the NCAA tournament field announcement Nov. 8 to see if its successful season will continue.

Athlete Spotlight

Erica Henderson

By Aaron C. Bruce
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The Athlete Spotlight this week is dedicated to sophomore field hockey forward Erica Henderson. This Westover, Md., native recently recorded her highest ever goal scores in a game against Catholic University. Henderson recently sat down with *The Flyer* to answer a few questions.

What are your goals for the season?

"Our goals for the season are really to just get as far as we can, and right now we are hoping to get an at-large bid to continue our season. Ultimately, we hope to win a national championship."

How long have you been playing field hockey?

"I have been playing since about third grade. My mom started me off when I was like 8 years old. She used to play, so that is why I play."

What is your major?

"My major is physical education, and I am really hoping to do that and move on to physical therapy school."

What are some of your pre-game rituals?

"I always stretch a ridiculous amount because when I'm stretch-



Erica Henderson

ing, I am always saying my prayers and everything. Then after stretching, during the national anthem, I always stand by the same people, I never stand by anybody different, and I say my prayer again before the national anthem is over."

What are your favorite songs to warm up to?

"I would say my favorite songs to warmup to are the songs that the team composed for the warm-up CD. For instance, Cascadia's 'Every Time We Touch.' I think it is really upbeat and I like to jump up and down to it. Everybody else hates that it is on the warm-up."

Have you ever thought about coaching?

"Yes, that is my minor right now: athletic coaching. So hopefully, I will be able to coach at a high school. I really hope to do elementary physical education, but I really want to be able to coach at a high school."

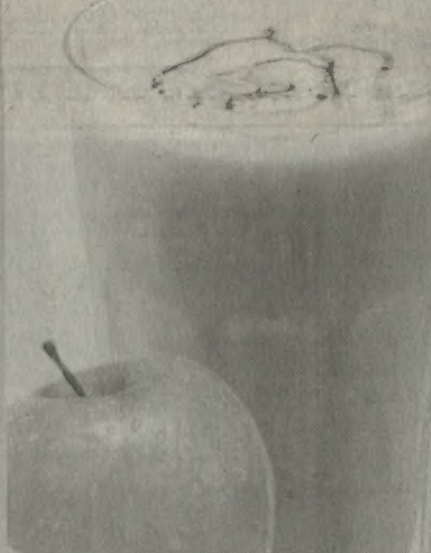
When you have kids of your own, what are you going to encourage them to play?

"Well if I have girls, I will definitely encourage them to play field hockey, but I really want them to just be able to play the sport that they want to. They will definitely be physically active, whether they are male or female."

November Smoothie Of The Month:

Caramel Apple Smoothie

Applesauce, apple slices, caramel syrup, cinnamon syrup & whipped cream blended with ice.



16 oz. For \$2.89

Available November 1-30

Salisbury University

Scrabble tournament*

F L Y E R

Wed. Nov. 10

7:30pm

Location: Henson Food Court

*Prizes like if you become the champion, you can put it on Facebook saying that you are the Champion of Salisbury University at Scrabble. If you don't win, please don't do that. We will know.

**Other prizes may be awarded.
***Challenge your luddite friends.

Questions? Text 646.535.NEWS

Looking for something to do?

Wednesday-Saturday, Nov. 10-13

Salisbury University Dance Company Showcase
Directed by Mary Norton, the SU Dance Company begins its season with its Annual Fall Showcase at 8 p.m. the evenings of Wednesday-Saturday, Nov. 10-13 in Holloway Hall Auditorium. This popular dance production features premieres of works by 10 company members, as well as a hip-hop/funk finale by guest choreographer Staci Alexander.

Wednesday and Friday, Nov. 10 and 12

iPad raffle
In partnering with the off-campus organization Stop the Violence, which is raising money to build a Boys and Girls Club in Salisbury, a group in Paula Morris' marketing class is raffling off an iPad Wednesday, Nov. 10 from 2-5 p.m. in Red Square. They will also be selling baked goods for 50 cents. Cash only for the Red Square event. On Friday, Nov. 12 from 11:30 a.m.-2 p.m., they will be selling raffle tickets in front of The Commons where cash and Gull Card are accepted. Raffle tickets are one for \$3, five for \$10, 10 for \$15, and 20 for \$20.

Thursday, Nov. 11

SU Cheerleading Team tryouts
There will be open tryouts for the SU Cheerleading Team on Thursday, Nov. 11 from 6-8 p.m. in Maggs Gym. At tryouts participants will be taught a cheer and a dance. They can also stunt with members of the team and showcase tumbling for the judges. Candidates should wear SU apparel to the tryout and be stretched before tryouts begin. Boys are encouraged to try out. Students must have a 2.0 GPA and have completed 24 credits successfully during the past academic year. To see what the judges are looking for, visit <http://www.susagulls.com/sports/cheerleading/tryouts>. Those interested in trying out can e-mail Coach Van Coutren at lmvancoutren@salisbury.edu for information about the team and cost.

This week/next week
Faculty and Staff Appreciation Week

Faculty and Staff Appreciation Week is Monday, Nov. 15 through Friday, Nov. 19. Students can show appreciation for faculty and staff this week, until Nov. 12, by filling out a note on a paper apple or signing the banner outside The Commons during lunch from 11 a.m.-1 p.m. There will also be an appreciation event Monday, Nov. 15 from 3:30 to 5 the Social Room of Holloway Hall.



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Monday, Tuesday, Wednesday & Thursday

College Nights
w/ valid college ID 50 cents off game price
\$1.50 Natural Light Drafts after 9 p.m.
Valid college ID and Driver's License required

FRIDAY & Saturday
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Friday 9:30pm to close; Saturday 7 pm to close

SUNDAY
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Salisbury University



Athletics photo

The Salisbury University men's cross country team took home its ninth Capital Athletic Conference championship title.

Cross country earns first place at CAC championship

By Evan Clifton
Staff Writer
Ec16912@gulls.salisbury.edu

On Nov. 6, the men's and women's cross country teams took home both the men's and women's conference titles at the Capital Athletic Conference championships. This marks the fourth sweep in program history.

The men's team picked the perfect time to get their first top-place finishes of the year. "We've had a handful of second place finishes this year but we came out on top this time," said freshman Nathan Austin. "We've been working hard all year long and to come out here and win back the title... it's a great feeling."

The men's team spearheaded their dominant performance by taking the top four finishes. The Sea Gulls blew away the competition with a winning team score of 21, one of the lowest scores in conference history. Rival University of Mary Washington finished a distant second with a score of 50.

Freshman Ryan Jackson and senior Chris Barnard finished first and second, respectively, with times of 25:19 and 25:30. Jackson and Barnard ran neck-and-neck the entire race, and through the first two miles were trailed closely by a duo from Mary Washington.

However, through the final mile, Jackson and Barnard were able to pull away and extend their insurmountable lead.

"The thing about our team is

that they ran together. (Jackson) and (Barnard) ran together most of the race and it just goes to show that they care more about the team result than their own individual accomplishments," said Head Coach Jim Jones.

Barnard's performance earned him the Men's CAC Runner of the Year Award and Jackson took home the CAC Rookie of the Year Award. Jones earned CAC Coach of the Year honors and eight Sea Gulls were named all-CAC performers.

The women's team also compiled a dominant performance. Though no Salisbury runners finished in the top three, they were still able to take the team title, putting up a score of 34 points. The women finished ahead of second place Mary Washington, who scored 57 points. Five Salisbury runners finished between fourth and ninth place, led by junior Becca Sinner who finished fourth overall with a time of 22:52.

"It feels good to know that all the hard work the team has put in over the summer and season has paid off," said Stinner. "We've grown closer as a team. We all support each other and that played a part in getting the win."

This marks the women's second first place finish this season and their third conference title in a row.

"This is a special group of guys and girls that have worked very, very hard all year long... we are going to get ready for Regionals and what we hope will be a run at Nationals as well," said Jones.

Men's Soccer triumphs over Stevenson in CAC semifinal

Gulls then lose to York in another tight game

By Patrick Drengwitz
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In what was likely the most exciting game of the season, the Salisbury University men's soccer team emerged victorious against the third-ranked Stevenson University. Both teams were evenly matched coming into the Nov. 3 game, but Stevenson had beaten Salisbury earlier in the season, triggering the drive for the Sea Gulls to even the score.

The score of the Capital Athletic Conference semifinal game was 1-1 until Salisbury won on penalty kicks, 5-3.

"It was a big win for us," said senior midfielder Dave Corrigan. "We lost to them earlier this year so we came out fired up. We kept fighting back after their goal and did a lot of work to get the win."

The majority of the first half was dominated by a series of close scoring opportunities near the goal, none of which resulted in a score. Salisbury increased pressure a bit more in the last five minutes, coming very close to scoring twice, but time ran out before they could get one in the net.

Senior forward Mike Napolitano had a chance to score only six min-

utes into the second half, but his shot went just left and barely missed the goalpost.

Three minutes after his near-goal, Stevenson's Anger Otto scored off a cross from the right side of the field. Salisbury tightened up its defense considerably after that and nearly tied the game on a well-placed free kick from junior Stafford

"It was a big win for us. We lost to them earlier this year so we came out fired up. We kept fighting back after their goal and did a lot of work to get the win."

Dave Corrigan
Midfielder

Chipungu. Ten minutes later, sophomore midfielder Pat Callahan kicked a laser from almost 35 yards out which got past Stevenson's goalkeeper and gave Salisbury new life.

Sophomore goalkeeper John Vnenchak also came up huge in the game, especially with a save from the shot that was only five feet in front of him.

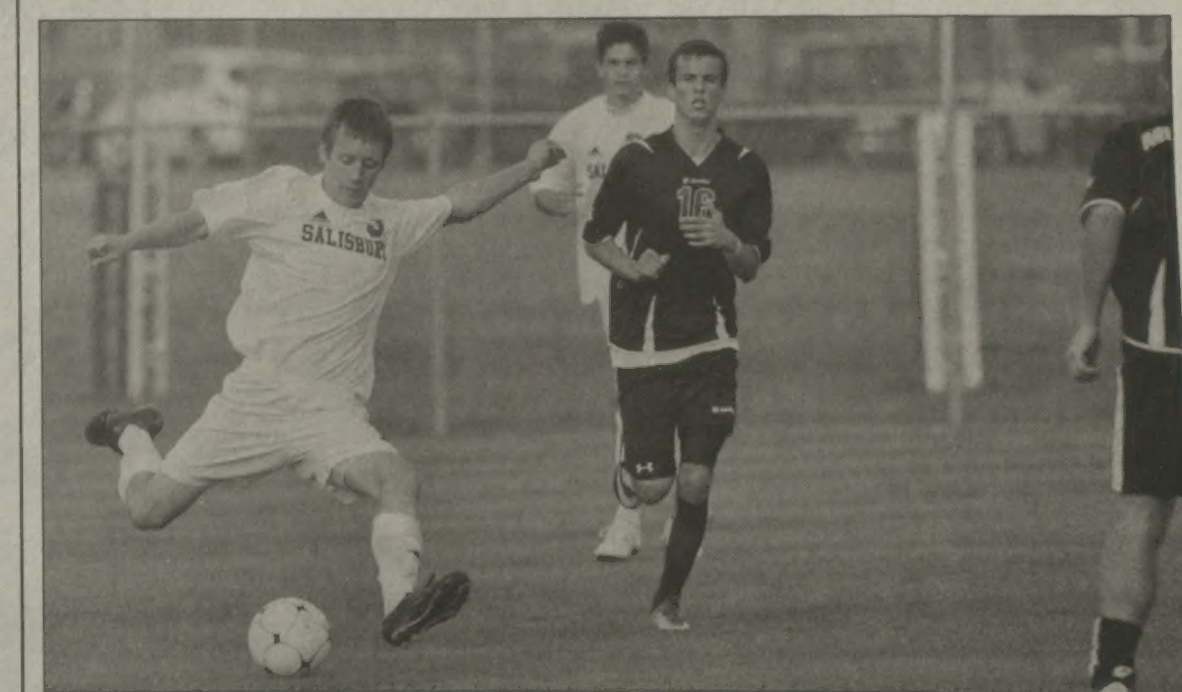
"It feels awesome," said Vnenchak after winning. "We were right there with (Stevenson) the whole time. We had trouble finishing at times, but I was glad to see we kept our composure."

After regulation ended in a tie, the teams moved into two ten-minute overtime halves, both of which produced no winning goal. Thus, the teams moved into penalty kicks where Vnenchak continued to perform for Salisbury, saving one of the very tough-to-block penalty shots. This helped the Sea Gulls win the game and advance to the championship. All of the Sea Gull kickers came up big, as nobody missed his penalty shot.

Head Coach Gerry DiBartolo said he was pleased.

"We always practice (penalty kicks) before a game," he said. "Our intensity and level of play was very good and the guys created lots of chances."

On Nov. 6, Salisbury lost the CAC title to York College on penalty kicks, 4-3.



Justin Odendhal photo

Senior defender Joe Rubel kicks the ball past his Stevenson opponents. The Sea Gulls advanced past the Mustangs on penalty kicks 5-3 during the CAC semifinal match.

One goal makes the difference in field hockey game

By Matthew Miller
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For the first time in 16 years, the Salisbury University field hockey team will not be crowned Capital Athletic Conference champions. The reigning National Champions suffered a defeat at the hands of Wesley College Nov. 3, falling 1-0 in the CAC semi-finals Wednesday night at Sea Gull Stadium. A first-half goal from Wesley's Jessica Franklin was all the Wolverines would need to secure them the victory.

"We had a very poor performance tonight," said Head Coach Dawn Chamberlin. "It's playoff time and

at this point in the season we can't have bad games, and tonight we had a bad game. There was not really anyone who was playing up to their ability today, and we picked a bad time to do that."

Despite coming up short on the scoreboard, the Sea Gulls held the advantage in every statistical category and dominated possession for large spells during the game. Salisbury outshot the Wolverines by a tally of 9-2 and had a total of 14 penalty corners compared to only four from Wesley.

From the start of the game, Salisbury created numerous attacking opportunities, including two close efforts from senior Kandice Hancock. However, the first half would

be marked by a goal from the opposing side. In the 33rd minute, a crowded scrum in front of the net led to a quick pass out for Franklin which was Wesley's first shot of the game.

In the second half, Salisbury dominated play for large periods of time, but lacked the final touch in front of the goal. The Sea Gulls saw several chances go just wide of the goal and continued to press forward. However to the shock of many, that elusive goal never came.

"We will push to improve ourselves because we can't remain stationary, said sophomore forward Erica Henderson. "We will use our pain and burn it as fuel for our journey because we choose to progress rather than call back.

Chamberlin gave credit to Wesley, but said she felt as if her team let an opportunity pass them by.

"It's unfortunate ... it's a hard lesson to be learned but we just weren't on our game and they wanted to win," she said. For Wesley, this was their only shot to get into the tournament with the record they had, and they came out, played well, and did what they needed to do. All it takes is one and they got it."

Wesley moved on to the CAC Championship game and lost to Mary Washington 2-0.

The Sea Gulls will next face Mary Washington for the first round of the NCAA tournament at 2 p.m. on Wednesday, Nov. 10.



Senior midfielder Kandice Hancock dribbles the ball away from her Wesley opponent. On Nov. 3, the Gulls fell to the Wolverines 1-0.

SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT

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SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT

Women's Soccer

The Salisbury University women's soccer team traveled to Owings Mills, Md., for the semifinal round of the Capital Athletic Conference tournament Nov. 2. The Gulls faced Stevenson University but fell to the Mustangs 2-0.

SU was the fifth seed in the tournament and outshot the top-seeded Mustangs 11-10. Salisbury had many opportunities to score in the first 45 minutes, but Stevenson was able to tally both of their goals in the 63rd and 85th minutes of the game.

Sophomore goalkeeper Melissa Orgera finished the game with three saves, bringing her season total to 62. Her two-year total is 116 and she is fifth in the program record book. Junior forward Sarah Jessilonis had three shots in the contest.

Volleyball

The Salisbury University volleyball team faced the University of Mary Washington Nov. 4 for the semifinal round of the Capital Athletic Conference tournament. UMW defeated the Sea Gulls 3-0. This loss ended the

Gulls' time in the tournament and what would have been their fourth straight CAC Championship.

The Eagles won the first set 25-17. In the start of the second set, Salisbury put up a strong fight, but UMW took sets two and three with scores of 25-23 and 25-15.

Sophomore Chelsea Glowacki had eight kills and senior Melissa Orgera tallied 12 digs.

Swimming

The Salisbury University men's and women's swim teams traveled to Frostburg State University Nov. 6, and defeated the Bobcats by over 100 points.

Senior Tim Metcalf took the top spot in both the 200- and 400-meter freestyle races. Metcalf finished with times of 2:08.39 and 4:40.80 in both events. Freshman James Gough won the 50-meter freestyle with a final time of 26.93 seconds.

Gough also won the 100-meter backstroke with a final time of 1:04.38. Junior Robin Stone took the top spot in both the 100-meter backstroke (1:14.85) and 50-meter freestyle (30.05 seconds). Freshman Danielle

Dunn won the 100-meter breaststroke with a final time of 1:20.41.

Men's Soccer

The Salisbury University men's soccer team faced York College on Nov. 6 in the CAC championship. The Sea Gulls and the Spartans played to a 1-1 tie. The game advanced to penalty kicks, but York edged Salisbury 4-3 to obtain the conference championship.

Junior midfielder Stafford Chipungu put Salisbury on the board in the 31st minute when he fired a shot into the bottom left corner of the net. York came back in the 59th minute to make it a tie game.

Salisbury had a chance to win it all in the final minute of the game when sophomore midfielder Jeremy Moyer directed the ball over the York backline. Senior forward Mike Napolitano followed up with the ball but shot just wide of the Spartans' goal. Sophomore goalkeeper John Vnenchak played a stellar game finishing with five saves.

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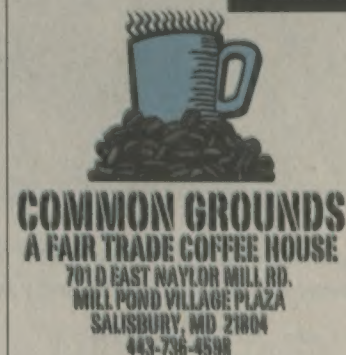
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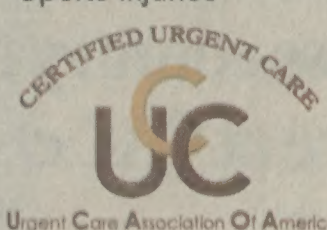
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SALISBURY SPORTS CALENDAR

Tuesday - 11/9	Wednesday - 11/10	Thursday - 11/11	Friday - 11/12	Saturday - 11/13	Sunday - 11/14	Monday 11/15
	Swimming vs. Washington (Md.): 5:30 p.m. Field Hockey vs. Mary Washington: 2 p.m.			Swimming vs. Catholic: 1 p.m.		